

CHECK LIST

Lesson #1: Feed Your Engine: Proteins, Fats and Carbohydrates

1. Script

2. Props

- 3 “gas cans”

For returning GrowingGreat students only

- Review game category labels
- Question and answer sheet

3. Handouts

For students:

- Star activity sheet for in class activity (*Note: only for new students receiving PFC lesson*)

For parents:

- Grill Me About

For teacher:

- Teacher packet

4. Optional Food Sample

- Food preparation instructions
- Serving supplies